

In-Season Phase 4

Day 1

A Rack Pull- Below Knees

Week	Sets	Reps
1	5	3
2	5	3
3	5	3
4	5	1

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Pull-up (5 second negative)

Week	Sets	Reps
1	3	max
2	3	max
3	3	max
4	3	max

Set 1	Set 2	Set 3

B2 Push-up Hold

Week	Sets	Reps
1	3	20 sec
2	3	30 sec
3	3	40 sec
4	3	50 sec

Set 1	Set 2	Set 3

C Walking DB Lunge

Week	Sets	Reps
1	3	6/side
2	3	8/side
3	3	10/side
4	3	12/side

Set 1	Set 2	Set 3

In-Season Phase 4

Day 2

A Back Box Squat

Week	Sets	Reps
1	4	8
2	5	6
3	5	3
4	3	3

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Incline Bench DB Row

Week	Sets	Reps
1	6	8
2	6	8
3	6	6
4	6	6

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 3-Point Push-up

Week	Sets	Reps
1	4	6/side
2	4	8/side
3	4	10/side
4	4	12/side

Set 1	Set 2	Set 3	Set 4

C Single Leg Hip Thrusters

Week	Sets	Reps
1	5	20/side
2	5	20/side
3	5	20/side
4	5	20/side

Set 1	Set 2	Set 3	Set 4